

"I decided to take responsibility, so I got tested." -Shirley

Take Control of Your Health. Get Tested for HIV. Get Tested. Get Care. Get Support.

Get Tested

Getting tested for HIV can be scary, but you don't need to go through it alone. An HIV test counselor will be there to support you through the process. The test is easy, confidential, and free.

Knowing is the first step in taking control of your health. There are things you can do to stay healthier both with and without HIV. You can learn more about the disease, keep track of your health and find support services.

There are people who can help support you in making decisions and getting into care. You can also learn ways to stay safe. Your HIV test counselor will talk with you about lowering your risk for getting HIV, hepatitis and other sexually transmitted diseases through sex or drug use.

You can take control of your health. If you are HIV positive, your test counselor will help you find free or low-cost care. You will be given information and offered help in making decisions. If you are HIV negative, prevention and other support services will also be made available to you.

There are many counselors, health care providers and organizations to go to for information and support. Your HIV test counselor will help you find them.

Your test counselor can:

- Discuss safer ways of having sex
- Refer you to other services, like substance abuse treatment, needle exchange, and mental health programs

If you are HIV positive, there are services available including:

- Transportation and child care for doctors visits
- Food assistance
- A case manager, someone who will tell you about available services and how to get them
- Other support services, including help in telling partners and family

To find out where you can go for help and support call 1-800-235-2331.

Get Care

“Now is the time for my community to take control.” -John

“When I found out I had HIV I thought it meant I would get sick right away. My counselor helped me find a doctor and now I am taking better care of myself.” – Edward

Get Support

“I didn’t have to go through this alone. I got the help and answers I needed.” - Rosalinda

To find out about free and low-cost care call:

MassHealth (Medicaid)

1-800-841-2900, TTY 1-800-497-4648

This pays for a wide range of health care services for low-income people and families, including mental health and substance abuse services.

ACT Now

1-800-235-2331

This pays for primary and HIV specialty care for people who are HIV positive and uninsured or underinsured.

HIV Drug Assistance Program

1-800-228-2714

This program pays for medicine and health insurance-related costs for people who are HIV positive.

AIDS Action Committee

1-800-235-2331

This agency provides prevention and support services for people who are HIV positive and negative.

Now more than ever it’s important to get tested. Here’s why:

- There are benefits to early care and treatment
- There are skilled counselors and health care providers available to support you
- You can learn about ways of staying safe

To find out where you can get free HIV testing in Massachusetts call: **1-800-235-2331**

Getting Tested:

- You will make an appointment with your HIV counselor
- Your counselor will ask about your possible risks for HIV
- Your counselor will explain the testing process and the meaning of the results

- Your test result will be given face-to-face and only to you by your HIV test counselor
- Your counselor will refer you to health, support, and prevention services

You have a choice. Most tests are done confidentially, but there are some sites that offer anonymous testing. If you choose to test anonymously you will not give your name, but are given a code.

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Massachusetts Department of Public Health, HIV/AIDS Bureau and the
Massachusetts Statewide HIV Consumer Advisory Board

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